

Take Charge. Live Healthy.

Better Choices, Better Health® SD **CHRONIC PAIN WORKSHOPS ARE FREE!** They are designed to help adults living with chronic pain and caregivers manage physical and mental health wellness. When you have the support and tools to make healthier choices, you can improve your health and lead a fuller life!



BETTER CHOICES
better health
GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES



BETTER CHOICES
better health[®]
CHRONIC PAIN

What You'll Learn.

This workshop will teach you new ways to manage your chronic pain and ideas to help keep you motivated! Plus:

- Goal setting & problem solving
- Appropriate exercise for maintaining & improving strength, flexibility, & endurance
- Managing difficult emotions, fatigue, isolation, & poor sleep
- Appropriate use of medications
- Communicating with providers & family
- Relaxation techniques; pacing activity & rest

What You'll Get.

Workshops are held once a week for 6 weeks. Each 2½ hour session is led by trained leaders who have chronic conditions themselves. Expect:

- Better overall health
- More energy & less fatigue
- More active lifestyle
- Less dependence on others & improved quality of life
- Increased confidence in managing your pain
- **FREE** book, Moving Easy Program CD & certificate of completion

Let's do this. Together.

For more, or to register:

betterchoicesbetterhealthsd.org
1-888-484-3800



For the Better Choices, Better Health[®] South Dakota program, we adhere to AA/EEO guidelines in offering educational programs and services.

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